

Experiences Related to Enhanced Well-Being

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

A retired Naval Officer states: Perhaps we get sick because we don't know how to stay well. My focus has been on seeking ways to stay well, and the Monroe Institute tapes have been a big part of my efforts. The H+ tapes work for me as a direct mind-to-body experience. Initially I used one or two tapes every day at the same time, but now I listen when I feel the need. The tapes are a support mechanism, playing a dominant training role in the beginning and a less frequent, but important, refresher role when one becomes familiar with the techniques. They play a significant part in my continuing state of overall well-being.

H+ *Tune-Up* has become my all-purpose health helper. For example, using the Function Command stops insect bites from itching, ends the first throbs of headache in the early stages, eases the symptoms of indigestion, eliminates the stinging of paper cuts. I don't know why it works, but it sure does!

The *Circulation* tape helped a lot with diminishing deep bruising and reabsorbing the hematoma after a serious injury.

I have been using H+ *Immunizing* to combat nasty flu-bugs to which I was exposed and began coming down with. I experienced one particularly bad flu, which knocked people out for 3-4 weeks with multiple ear/sinus/throat/chest/intestinal symptoms, as a series of very mild symptoms for about a week.

I play the *Metamusic* Artist CDs for my brother-in-law who has Parkinson's Disease and dementia. They're wonderful. They relax him and also help him to speak a bit.

The patient was a 61-year-old woman admitted with severe emphysema, congestive heart failure, and depression, very anxious and struggling to breathe. Within 24 hours after I began using *Deep 10 Relaxation* with her the staff was reporting a significant reduction in her anxiety level.

My husband has been taking medication to control the symptoms of his Parkinson's disease for 15 years. As is usual with Parkinson's, there has been a constant, slow deterioration in his functioning, and his symptoms are sometimes more and sometimes less severe. I recently learned about *Hemi-Sync* and bought the tape *Brain: Support & Maintenance* for him. At this point, he is not able to use the verbal cue by himself to activate the desired brain-wave state, but I have been playing Side B in the bedroom at night. He looks forward to the tape, finds it very relaxing, and

falls asleep quickly before the tape is finished. It seems to me that he is calmer and more aware since we've been using the tape.

While traveling abroad, I contracted the flu so severely that it was difficult to get out of bed. Luckily, I had several *Hemi-Sync* tapes and my Walkman with me. After listening only once to *Energy Walk*, I woke up feeling energized and stronger. The sore throat, muscle pain, fever, and other symptoms decreased steadily over the next 24 hours, and by the following day I was almost completely recovered.

I have used the tape called *Immunizing* several times this winter to combat nasty flu-bugs to which I was exposed and began coming down with. One particularly bad one which knocked people out for 3-4 weeks with multiple ear/sinus/throat/chest/intestinal symptoms, I experienced as a series of very mild symptoms for about a week.

For more than a year, I had much bladder discomfort due to tissue damage from previous infections. It is considered to be a medical "fact" that such damage does not repair, and people suffer the rest of their lives with irritation and pain, exacerbated by certain foods and liquids. In my case it was tomatoes, coffee, and chocolate, all containing serotonin which is excreted in the urine.

For about four months I faithfully used a combination of the tapes called *De-Discomfort*, *Energy Walk* and *Circulation*. At this writing, all symptoms have virtually disappeared except for relatively minor discomfort from coffee and chocolate.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© The Monroe Institute